

Home Workout 3/18/20

AMRAP 10:00 (As Many Rounds As Possible in 10:00)

2 Odd-Object Reverse Lunges
20 Lateral Hops Over Odd-Object
30 Jump Ropes
4
20
30
6
20
30
Keep adding 2 to the Lunges each cycle

Rest 3:00

AMRAP 10:00

2 Odd Object Ground to Overhead (Pick it up, press it overhead – like a burpee but with a press overhead instead of a clap – Odd Object should be NOT be very heavy)
10 Burpees with overhead clap at the top
30 Jump Rope
4
10
30
6
10
30
Keep adding 2 to the Ground to Overhead each cycle

ABS = 8:00 of work in shortest time frame possible

Choose Exercises as you see fit, switch as often as possible, rest as needed but the goal is 8:00 of work in the shortest amount of total time possible